

19. The composition according to claim 17 or 18, wherein said composition contains an additional free amino acid which is selected from the group consisting of arginine and glutamine.

20. The composition according to claim 19, wherein each of arginine and glutamine is present as an additional free amino acid, and each is present in an amount in the range of 0.1 to 20 weight percent, calculated on dry matter basis.

21. The composition according to claim 17, wherein the peptide material is derived from wheat proteins, rice proteins, pea proteins, casein proteins, whey proteins or mixtures thereof.

22. The composition according to claim 17, wherein said peptide material is obtained by hydrolyzing protein material.

23. The composition according to claim 22, wherein said peptide material is derived from wheat protein.

24. The composition according to claim 17 or 21, wherein said peptide material has an average peptide chain length in the range of 20 to 40 amino acids.

25. The composition according to claim 17 or 21, wherein said peptide material has an average peptide chain length in the range of 3 to 20 amino acids.

26. The composition according to claim 17, wherein said peptide material is present in an amount in the range of 0.1 to 50 weight percent, calculated on dry matter basis.

27. The composition according to claim 26, wherein said peptide material is present in an amount in the range of 2 to 25 weight present, calculated on dry matter basis.

28. The composition according to claim 17, wherein said carbohydrate material is selected from the group consisting of monosaccharides, disaccharides and oligosaccharides.

29. The composition according to claim 17, wherein said carbohydrate material comprises a complex edible carbohydrate.

30. The composition according to claim 29, wherein said complex edible carbohydrate comprises a maltodextrin.

31. The composition according to claim 17, wherein said carbohydrate material is present in an amount of 10 to 90 weight percent, calculated on a dry matter basis.

32. The composition according to claim 31, wherein said carbohydrate material is present in an amount of 50 to 80 weight percent, calculated on a dry matter basis.

33. The composition according to claim 1, wherein said composition further comprises at least one member selected from the group consisting of a vitamin, a flavor, a mineral, a lipid, and a protein.

34. The composition according to claim 33, wherein said lipid is an emulsifier.

35. The composition according to claim 17, wherein said composition comprises an isotonic beverage or sports bar.

36. The composition according to claim 17, wherein said composition contains 10 to 90 weight percent of said carbohydrate, 0.1 to 50 weight percent of said peptide material, and 0.2 to 20 weight percent of each free amino acid, said weight percent being calculated on a dry matter basis.

37. The composition according to claim 21, wherein said composition contains 10 to 90 weight percent of said carbohydrate, 0.1 to 50 weight percent of said peptide material, and 0.2 to 20 weight percent of each free amino acid, said weight percent being calculated on a dry matter basis.

38. The composition according to claim 33, wherein said composition contains 10 to 90 weight percent of said carbohydrate, 0.1 to 50 weight percent of said peptide material, and 0.2 to 20 weight percent of each free amino acid, said weight percent being calculated on a dry matter basis.

39. A method of feeding comprising enterally administering a composition according to claim 17, 36, 37 or 38 to a human.

40. A method of enhancing the blood insulin level comprising administering a composition according to claim 17, 36, 37 or 38 to a human during or following physical exercise.

See Appendix.